



# Is food a problem for you?



- Do you eat when you're not hungry?
- Do you binge, purge or restrict?
- Is your weight affecting your life?

Contact **OVEREATERS ANONYMOUS**

**NO dues • NO fees • NO weigh-ins • NO diets**

PLACE \_\_\_\_\_

DAY \_\_\_\_\_ TIME \_\_\_\_\_ CALL \_\_\_\_\_

**oa.org**